

Content Area: Comprehensive Health and Physical Education

Standard: 2. Physical and Personal Wellness in Health

Prepared Graduates:

- Apply knowledge and skills to engage in lifelong healthy eating

Grade Level Expectation: Kindergarten

Concepts and skills students master:

1. Identify the major food groups and the benefits of eating a variety of foods

Evidence Outcomes

Students can:

- a. Recognize major food groups
- b. Identify foods and beverages that are healthy choices for teeth and bones
- c. Explain how food is fuel and that different activities need different fuel
- d. Explain the health benefits of choosing healthy foods and beverages

21st Century Skills and Readiness Competencies

Inquiry Questions:

1. How do healthy foods help your body?
2. How does food fuel our bodies?
3. What can you do besides brushing and flossing your teeth to help make your teeth and bones strong and healthy?
4. What would happen to your body if you only ate cookies and candy?

Relevance and Application:

1. Some automobiles run on gasolines as fuel, humans rely on food as fuel.
2. Foods like apples, celery, and carrots are known to help keep teeth clean between brushing.
3. Different people like different foods (culture, geography, family).

Nature of Health:

1. Healthy foods provide nutrients that give energy for daily activities and are necessary for proper growth and good health.

Content Area: Comprehensive Health and Physical Education

Standard: 4. Prevention and Risk Management in Health

Prepared Graduates:

- Apply personal safety knowledge and skills to prevent, and treat unintentional injury

Grade Level Expectation: Kindergarten

Concepts and skills students master:

1. Explain safe behavior as a pedestrian and with motor vehicles

Evidence Outcomes

Students can:

- a. Explain safe behavior when getting on and off and while riding on school buses
- b. Explain the importance of riding in the back seat and using safety belts and motor vehicle booster seats when one is a passenger in a motor vehicle
- c. Recognize and describe the meaning of traffic signs
- d. Describe how rules at school can help to prevent injuries
- e. Demonstrate safe pedestrian behaviors

21st Century Skills and Readiness Competencies

Inquiry Questions:

1. What are some things that can happen if everyone runs around and pushes each other?
2. What would it be like if there weren't any rules for cars or pedestrians?

Relevance and Application:

1. Crosswalk and traffic signs change based on new research about how children see and react to symbols.

Nature of Health:

1. Vehicles and streets are places with hazards and require careful attention.
2. Personal strategies can be learned to develop and to avoid, reduce, and cope with unhealthy, risky, or potentially unsafe situations.